

SASO Upper Body Workout

<https://www.youtube.com/watch?v=PCUs5zq7GVg>

Hi SASO! The video will present one of the three workouts that will be released. These are workouts that are you can do in the comfort of your own home and done as a family!

Each of the workouts will be done in the following format:

- 3 sets
- Set 1: 10 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side; Continuous until the number of repetitions are complete.)
- Set 2: 15 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)
- Set 3: 20 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)

The upper body workout has the following 5 exercises:

- Rotational Pushup
 - o This exercise begins in a plank position. Go into a full pushup, and at the top of the movement, rotate one shoulder above the other, coming on to the fingertips of the extended arm.
 - o This rotation allows for a greater squeeze in your chest muscles.
 - o Note: Make sure that you feel the chest working- do not “go through the motions,” and feel nothing happening
- Lateral Plank with Rotation
 - o This exercise focuses on the squeeze of the upper back. Make sure as you rotate your body that your are bringing your shoulder blades as close together as possible
 - o Focus on squeezing the shoulder muscles of the arm that is still on the ground
 - o Keep a straight line from elbow-to-elbow
- Who knows what to call this one
 - o You are going to lay on your back and push the elbows into the ground
 - o Bring your shoulders as high up into the air as you can
 - o Make sure your elbows are in line with your shoulders
 - o This is a great exercise for the back of the shoulders
- Cobra Pushup
 - o Keep your elbows close to the body.
 - o “Swoop down” with you head, the body follows suit
 - o You will finish with your head higher than your hips
 - o Squeeze the backs of the arms- the triceps- as hard as you can at the end of the motion
- Y-W-T
 - o This is a great exercise for the entire backside of the body.
 - o Squeeze the muscles below your waist, bringing your legs as high off the ground as possible
 - o Squeeze the shoulder blades together and hold from beginning to end of each repetition
 - o One repetition is as follows:
 - Start in the W position
 - Arms extend into the Y position
 - Go back to the W position
 - Extend your arms to a T position
 - Go back to the W position